

## **Overview of Congregate Care Service Categories for Human Care Agreements**

1. Group Home Care – foster care provided to children and youth aged thirteen (13) to twenty-one (21) in a residential group home setting.

### **A. Diagnostic Assessment (12 and Younger; 13 and Older)**

Diagnostic assessment provides short-term, immediate and intensive attention to a child/youth's crisis situation when first entering care, or when having been de-stabilized in another placement setting such that diagnostic services are needed for stabilization. Services are provided to children aged twelve (12) and younger in settings separate than those provided to children and youth aged thirteen (13) and older. Length of stay may range from a few days to a maximum of thirty (30) days. Services include individual and family diagnostic assessment, crisis intervention and stabilization services, and treatment and service planning.

### **B. Teen Bridge Program**

Teen Bridge programming provides a short-term placement in a supervised group home environment for youth aged sixteen (16) to twenty-one (21) with structured preparation for self-sufficiency and transition to a less restrictive environment. The Provider must be able to provide daily structured programming and a behavior management model; on-site psycho-educational groups and life and social skill development; medication management; and transportation services. The Provider must be able to facilitate individualized and group counseling, alcohol and substance abuse services, educational and vocational support services, therapeutic recreation, and health care services either on-site or via external providers. Community connections and transportation services must be facilitated to maintain provision of supportive services with external organizations. The Provider must support and facilitate family visitation and permanence activities, and coordinate with CFSA's Center of Keys for Life (CKL).

### **C. Therapeutic Group Home Care**

Therapeutic Group Home Care provides intensive, therapeutic services to children and youth aged thirteen (13) to twenty-one (21). The provision of care to children and youth aged 13 through 17 must be in facilities separate from those provided to youth aged 18 to 21. The Provider will facilitate and/or deliver daily structured programming; on-site therapeutic treatment; health care services; educational and vocational services; therapeutic recreation; family visitation and permanence activities; life and social skills training; community connections; and transportation. The Provider of this care must be able to provide the following treatment milieu on-site in the group home mental health status evaluation and assessment; development of an Individualized Treatment Plan (ITP) by a multi-disciplinary treatment team that identifies all mental health service needs and services; psychotherapy both group and individual; grief, loss and separation counseling; crisis prevention and intervention services; behavior planning and management that includes a formal behavior management plan; medication management; psycho-

educational groups that include such topics as anger management; and, service linkages and monitoring.

#### D. Traditional Group Home Care

Traditional Group Home Care provides a supervised group home environment for children and youth aged thirteen (13) to twenty-one (21) with structured daily programming which incorporates a formalized behavior management model, on-site psycho-educational groups, and on-site life and social skill development. Traditional Group Home Care shall also facilitate provision of an array of services to include individualized and group counseling; alcohol and substance abuse services; educational and vocational support services; therapeutic recreation; health care services and medication management, either on-site or via external providers. Community connections and transportation services must be facilitated if services are to be provided via subcontract or linkage with external organizations. The Provider must support and facilitate family visitation and permanence activities.

2. Independent Living Programs – programs that serve youth aged sixteen (16) to twenty-one (21) in supervised semi-independent apartment settings, independent living residential unit apartments, and teen parent programs in either of these two settings.

#### A. Independent Living Main Facility Program

Independent main facility programs serve youth aged sixteen (16) to twenty-one (21) that are ready for semi-independent living in an apartment setting housed within a facility that has constant supervision on-site. The program shall support staffing and qualifications outlined in 29 DCMR Chapter 63 with emphasis on provision of psycho-educational groups; life and social skills development; therapeutic recreation; and educational and vocational support services. The Provider shall implement a behavior management model to sustain semi-independent living. The Provider shall also provide or facilitate employment support; family services and permanence activities; health care services and medication management; counseling; community connections; transportation services; and discharge planning.

#### B. Independent Living Residential Units

Independent living residential units serve youth aged eighteen (18) to twenty-one (21) that are ready for more advanced independent living in an apartment setting that does not necessarily provide constant supervision on-site. The program shall support staffing and qualifications outlined in 29 DCMR Chapter 63. Services shall include life and social skills development; therapeutic recreation; educational and vocational support services; employment support; family services and permanence activities; health care services and medication management support; counseling; and transportation services. Program will provide enhanced support in developing community connections to be utilized post-discharge from care, and in discharge planning.

#### C. Teen Parent Programs

Teen Parent Programs are a form of independent living that serve parenting youth with dependent children in either supervised settings or residential unit apartments, depending upon the parent's developmental stage and functioning. Teen Parents should be aged

sixteen (16) or older to be served in this setting versus a family based setting, and only those aged eighteen (18) or older may be served in residential unit apartments. Services shall include psycho-educational groups; behavior management model; life and social skills development; therapeutic recreation; educational and vocational support services; employment support; family services and permanence activities; health care services and medication management support; counseling; and transportation services. A strong, on-site parenting skills education and modeling model shall be implemented. Programs will provide enhanced support in developing community connections to be utilized post-discharge from care, and in discharge planning.